

# Junk Mail

## What Counts As Junk Mail?

Junk mail is any unwanted or unsolicited advertising or promotional material you get in your mailbox.

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## Why Is Junk Mail Making A Comeback?

It's a sign of the times. Most people do not trust the junk mail they get in their e-mail inboxes but will take time to look through letters and advertisements they get in their mailbox.

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## How Did I Get On All These Mailing Lists?

Anytime you make a purchase or pay for a service that requires you to provide your name and address, your information may end up on a mailing list. Mailing lists are often sold to other businesses, which may result in you getting mail from a company you have never contacted or made a purchase from.

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## How Do I Get Off These Mailing Lists?

1. **To remove yourself or those under your care**, you can be placed on a "Do Not Mail" list that is maintained by the Direct Marketing Association (DMA). Placing your name on the Do Not Mail list is effective for 10 years. There is a \$2 processing fee. You can register online at: <https://dmachoice.thedma.org/register.php>, or you can mail in your registration. To mail in your registration, the processing fee costs a dollar more. You can click [here](#) for a copy of the form or send your name and address with a signature and a check or money order for the \$3 processing fee to:

DMACHoice

DMA

PO Box 900

Cos Cob, CT 06807

2. **To remove someone under your care**, you can register with the DMA's "Do Not Contact List For Caregivers" at <https://www.ims-dm.com/cgi/dncc.php>. There is no charge to register for this list.
  3. **To remove a deceased relative**, you can register with the DMA's "Deceased Do Not Contact List" at <https://www.ims-dm.com/cgi/ddnc.php>. There is no charge to register for this list.
  4. **To stop receiving pre-approved credit card solicitations**, call 1-888-5OPT-OUT (1-888-567-8688) or visit <https://www.optoutprescreen.com/>.
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## How Do I Get Removed For Nationwide Sweepstakes Mail Lists?

To have your name removed from major nationwide sweepstakes mailers, contact the following:

1. **Publishers Clearinghouse:** call (800) 645-9242, e-mail [privacychoices@pchmail.com](mailto:privacychoices@pchmail.com), or send mail to:

Christopher L. Irving, Sr. Director

Consumer & Privacy Affairs

Publishers Clearinghouse

382 Channel Drive

Port Washington, NY 11050

2. **Readers Digest Sweepstakes:** call (800) 310-6261. For the hearing-impaired, call (800) 735-4327. Send mail to:

Reader's Digest

PO Box 50005

Prescott, AZ 86301-5005

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## **How Do I Reduce Mail From Stockbrokers And Mutual Fund Companies?**

Reduce mail from stockbrokers and mutual fund companies by sending written requests to be removed from lists to the following:

Dun and Bradstreet  
Customer Service  
899 Eaton Avenue  
Bethlehem, Pennsylvania 18025

R. L. Polk & Co./Name Deletion File  
List Compilation Development  
26955 Northwestern Highway  
Southfield, Michigan 48034-4716

Database America  
Compilation Department  
470 Chestnut Ridge Road  
Woodcliff, New Jersey 07677

Acxiom U. S.  
Consumer Advocate Hotline  
Phone: 877-774-2094  
[www.acxiom.com/us](http://www.acxiom.com/us)

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## **How Do I Stop Receiving Sexually Oriented Advertisements?**

To stop receiving sexually oriented advertisements, click [here](#) to download a form from USPS. Follow the instructions on the form and deliver to a post office

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